

# System of assistance to a person and his family affected by social pathology

( System pomocy osobie i jej rodzinie dotkniętej patologią społeczną )

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**Abstract** – Introduction. An addiction or other social pathology can occur in any environment, no matter if you are well educated, married or brought up in a good environment. In theory, it is possible to prevent such anomalies by reacting early on to the symptoms that appear. In many cases, there is a need to help a person and their family affected by social pathology.

The aim of the work was to present a short system of assistance to a person and his family affected by social pathology.

Selection of material. The search was conducted in the Scopus database for the period 2008-2020 in the field of Polish bibliography, using the terms *social pathologies, social assistance, medical care and non-governmental organisations*. From the literature found in the Google Scholar database, studies were selected which, in the opinion of the authors, would be most useful in preparing this study.

Conclusions. Counteracting social pathology and helping a person and their family affected by it is a task carried out by many institutions, including social welfare centres, the Commune Commission for the Solving of Alcohol Problems, Non-governmental Organisations and the Health Service. The activities of these institutions often enable sick people and their families to overcome difficult life situations in which they need help and prevent the recurrence of such situations.

**Key words** - social pathologies, social assistance, medical care, NGOs.

**Streszczenie** – Wstęp. Wystąpienie uzależnienia lub innej patologii społecznej możliwe jest w każdym środowisku, nie ważne czy jest się osobą dobrze wykształconą, zamężną lub wychowuje się w dobrym środowisku. Teoretycznie możliwe jest zapobieganie takim anomalom poprzez wczesne reagowanie na pojawiające się objawy. W wielu przypadkach powstaje konieczność pomocy osobie i jej rodzinie dotkniętej patologią społeczną  
Cel pracy. Celem pracy było przedstawienie krótkiego systemu pomocy osobie i jej rodzinie dotkniętej patologią społeczną.

Dobór materiału. Poszukiwania przeprowadzono w bazie Scopus za okres 2008-2020 w zakresie bibliografii polskiej, używając pojęć *patologie społeczne, pomoc społeczna, opieka medyczna, organizacje pozarządowe*. Ze znalezionego w bazie Google Scholar piśmiennictwa wysel-ekcjonowano opracowania, które zdaniem autorów byłyby najbardziej użyteczne w przygotowaniu niniejszego opracowania.

Wnioski. Przeciwdziałanie patologii społecznej i pomoc osobie i jej rodzinie dotkniętej tak patologią jest zadaniem realizowanym przez wiele instytucji, należą do nich m.in. ośrodki pomocy społecznej, Gminna Komisja Rozwiązywania Problemów Alkoholowych, Organizacje Pozarządowe, Służba Zdrowia. Działania tych instytucji niejednokrotnie umożliwiają osobom chorym i ich rodzinom przezwyciężenie trudnych sytuacji życiowych, w których potrzebują pomocy i zapobiegają nawrotom takich sytuacji.

**Słowa kluczowe** – patologie społeczne, pomoc społeczna, opieka medyczna, organizacje pozarządowe.

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- A. The idea and the planning of the study
- B. Gathering and listing data
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## I. SOCIAL WELFARE

An addiction or other social pathology can occur in any environment, no matter if you are well educated, married or brought up in a good environment. In theory, it is possible to prevent such anomalies by reacting early on to the symptoms that appear.

Counteracting domestic violence and providing assistance in the event of addiction to the affected persons and their families is a task which is being carried out by many institutions, including social welfare centres, the Commune Commission for the Solving of Alcohol Problems, Non-governmental Organisations and the Health Service. Social Assistance Centres The aim of Social Assistance is to enable addicts and their families to overcome difficult life situations in which they need help and to prevent such situations from recurring. Social assistance is provided to families with addictions, as well as for other pathologies, such as violence. [1]

The competences and tasks of Social Assistance include [2,3]:

- A detailed community interview to identify the person and family is always conducted in the person's place of residence;
- Preparation of a detailed assistance plan;
- Monitoring the effects of the measures taken;
- Helping with official matters;
- Providing information about the benefits and forms of assistance available;
- Legal, psychological and family counselling or an indication of where such counselling can take place.

Specialist counselling is the most sought-after form of assistance. Legal advice includes the provision of information on existing legislation, particularly in the areas of family, guardianship, social security and tenant protection. Psychological advice covers assistance in the diagnosis, prevention and treatment of psychological problems. Family counselling, on the other hand, covers problems with the functioning of the family, assistance in the care of the disabled person and family therapy. [30] Commune Commission for the Solving of Alcohol Problems In the case when the pathology in the family is accompanied by alcohol, the Commune

Commission for the Solving of Alcohol Problems is notified.

The tasks of this institution are [5,6]:

- Recognise the situation in the family by conducting an environmental interview;
- Call on the person in this case who is abusing alcohol and using, for example, violence to have a warning interview, informing them of the legal consequences of using violence against their relatives;
- Providing psychological, legal and social support for the family;
- Informing the family about the possibility of obtaining help in this situation;
- Asking a court to apply forced alcohol abuse to a person who is abusing alcohol;
- If necessary, notify the Municipal Social Welfare Centre of the need to take care of the family in accordance with their competences.

## II. NON-GOVERNMENTAL ORGANISATIONS

In the national and local environment, various organisations are increasingly being set up to help both victims of pathology (violence) and addicts. Information about such activities should be available in every municipality, clinic, clinic and school. These organisations run advice and information points, day care centres, hostels and hostels.

Their tasks include [6-12]:

- Group psychological support and individual contact;
- Legal aid, social assistance, support groups, self-help groups;
- Sociotherapeutic assistance for children;
- Participation in environmental intelligence, interventions;
- Assistance in dealing with official matters.

## III. HEALTH SERVICE

The main task of health care is to protect the patient. The occurrence of pathology in the family or any kind of addiction usually involves bodily harm. It qualifies for medical treatment. The service does not only focus on injuries, but also on helping with mental health damage.

The tasks of people working in medical centres include [4,5]:

- Information on the possibility of obtaining assistance;
- Issuing, at the request of the injured person, a certificate of the injuries suffered and the treatment administered;

- Informing the victims of the places where the abduction is possible;
- In the event of a serious medical condition, it is necessary to inform the law enforcement authorities of the situation. Any certificate issued by a doctor may be used in court as evidence. However, it is not an accurate description and does not qualify a given act, so it is better to perform a medical examination.

**Blue Line** This is the National Agreement of Persons, Institutions and Organisations Helping Victims of Family Violence. It is an agreement which brings together around 400 people and 50 institutions. Its aim is to help victims of violence and to create a coherent system of assistance for victims of family violence in Poland. The database of members of the Blue Line is maintained by the National Ambulance Service for Victims of Family Violence [13,14]:

- Polish National Telephone for Victims of Family Violence - 800 12 00 02
- Crisis Helpline - 116 123

#### IV. THE POSSIBILITY OF SUPPORT UNDER THE LAW ON COUNTERACTING DRUG ADDICTION

The Act of 29 July 2005 sets out tasks in the field of drug prevention. They are implemented by government administration bodies and local government units. Counteracting drug addiction is realised by shaping social and economic policy, as well as educational and health policy.

The general provisions of the applicable policy are [15]:

- Educational, educational, preventive and informational activities;
- Treatment, rehabilitation and reintegration of people with addiction;
- This will reduce social and health damage;
- Surveillance of addictive substances;
- Combating the unauthorised circulation, processing, manufacture and possession of substances which lead to addiction;
- Supervision of plants whose consumption is drug-induced.

Apart from these bodies, tasks in the field of drug abuse prevention should also be carried out in kindergartens, schools, entities operating in the health service, the Police, Border Guard, the Army, customs authorities, the Prison Service, correctional facilities, juvenile shelters, social assistance centres, poviats family assistance centres and regional social policy centres, organisational units for family support and foster care, the mass media. The main body carrying out activities for the purpose of counteracting drug addiction is the National Bureau for Counteracting Drug Addiction, called the "Bureau". It reports to the Minister of

Health. The basis for activities against drug addiction is defined in the Voivodeship Programme for Counteracting Drug Addiction. Its objectives are defined in the National Health Programme and constitute a part of the voivodeship strategy in the field of social policy.

Counteracting drug abuse is the responsibility of municipalities, and it is the responsibility of municipalities [15]:

- Increasing the availability of therapeutic work and rehabilitation support for addicts and people at risk of addiction;
- Providing psychosocial and legal assistance to families with drug addiction;
- Conducting prevention in the field of information, education and training activities. For children and young people, conducting sport and recreation activities and activities for the benefit of feeding children participating in outside the classroom care and educational programmes;
- Supporting the activities of institutions, non-governmental organisations and people working to prevent drug abuse;
- Social assistance for addicts and their families affected by poverty and social exclusion.

According to the Act, the deduction of treatment by an addict must be an informed and voluntary decision. Such treatment is carried out by a therapist or a doctor practising as a professional. The rehabilitation of an addicted person may only be carried out by a doctor with specialisation in psychiatry or a person certified as an addiction psychotherapist. [15]

Possibility of support resulting from the Act on Upbringing in Sobriety and Counteracting Alcoholism The Act of 26 October 1982 on Upbringing in Sobriety and Counteracting Alcoholism "recognises the life of citizens in sobriety as a necessary condition for the moral and material well-being of the Nation". According to this Act, governmental administration bodies and local government units are obliged to take actions aimed at reducing alcohol consumption and changes in the structure of alcohol consumption, actions for the benefit of sobriety at work, preventing and removing the consequences of alcohol abuse, supporting the activities of social organisations and workplaces. The general tasks against alcohol abuse are shaped by changes in social policy.

These tasks include [16]:

- By creating conditions conducive to meeting needs, it is able to refrain from consuming alcoholic beverages;
- Information and educational activities;
- Establishing the appropriate level and structure of production of alcoholic beverages intended primarily for consumption;
- Restricting availability of alcoholic beverages;

- Treatment, rehabilitation and reintegration of alcohol addicts;
- Prevention and elimination of negative effects of alcohol consumption,;
- Combating domestic violence;
- Supporting social employment by financing social integration centres.

The prevention and resolution of alcohol problems is the objective of the State Agency for the Solving of Alcohol Problems, otherwise known as the 'Agency'. The Voivodship Government carries out tasks in the form of the Voivodship Programme for the Solving of Alcohol Problems. On the basis of this programme, the municipal authorities develop strategies to help addicts and their families.

These tasks include [15,16]:

- Increasing access to therapeutic and rehabilitation assistance for alcohol addicts;
- Providing psychosocial, legal and, in particular, protection against domestic violence to families affected by alcoholism;
- Conducting prophylaxis, information and education policy in the field of alcohol-related problems and drug abuse prevention, conducting extracurricular sports activities for children and adolescents, as well as activities, e.g. with regard to nutrition, for children who participate in extracurricular care and educational activities;
- Supporting institutions, associations and individuals working to solve alcohol problems;
- Appearing in court as a public prosecutor;
- Supporting social employment by financing and organising social integration centres.

According to the Act, alcoholic beverages may not be sold to persons indicating a state of intoxication, to persons under 18 years of age and on credit or under pledge. If there are doubts as to the age of a person wishing to purchase an alcoholic beverage, the seller is entitled to request a document confirming the age of a given person. Treatment of a person addicted to alcohol is carried out in the medical establishments of the therapeutic entities performing therapeutic activities in the scope of 24-hour and stationary and outpatient services. A person's consent to undergo such treatment is required, the exceptions are situations enclosed in the Act. A person undergoing such treatment is entirely exempt from costs. According to the Act, family members of a person affected by alcohol dependence are guaranteed health care services in the area of treatment and rehabilitation of co-dependence and prevention. The children of such persons are guaranteed free sociotherapeutic assistance in counselling, care and rehabilitation centres. The condition of such assistance to such children is not the consent of their parents; it may be carried against their will. If a person is in a relationship and abuses alcohol, which entails the break-

down of family life, demoralises minors, evades family responsibilities or often disrupts public order, he or she is referred by an expert to an examination in order to obtain an opinion on the degree of addiction and to indicate the therapeutic subject. [16]

The possibility of support under the Gambling Act The Gambling Act of November 19th 2009 sets out the conditions for the organisation of gambling and the rules for conducting activities in this area, as well as the rules for the taxation of gambling. Pursuant to the Act, only persons over 18 years of age have access to premises where gambling activities are conducted. [17]

## V. THE SYSTEM OF DRUG TREATMENT

### VI. IN POLAND

Treatment of addiction is a difficult activity, primarily because it is usually taken too late, addiction affects personality traits and all areas of life. The law states that addiction treatment for addicts is provided by both inpatient and outpatient drug treatment facilities and by other healthcare providers. Dependent people are not charged in any way for services provided. In such institutions, patients are provided with correctional programmes, psychotherapy of addictions, including psychotherapy of family members, individual prevention and treatment services, and consultation and educational activities. [18]

Rehab treatment usually starts with detoxification, in this case removing the psychoactive substance. This is often carried out in hospital. The patient is then rehabilitated, mainly for abstinence.[19] Voluntary treatment is, however, possible when the addict is referred to an expert examination, to which he or she is referred by a municipal alcohol problem solver. At the request of the centre and the public prosecutor, an obligation to undergo treatment in a rehab centre may be imposed. If you voluntarily undergo treatment in a rehab centre, you can be forced to undergo treatment. In this case, the forced treatment is decided by the district court on a non-trial basis. The hearing should take place within one month of receipt of an application for a ruling on the need to undergo treatment. [36] One of the places that treats addicts is a psychiatric care facility. Treatment is either inpatient or outpatient, as appropriate. The treatment may include a once-a-year trip for addicts or psychiatric patients.

The programme for addicts includes [18,19]:

- Rehabilitation services for psychoactive substance addicts with coexisting mental disorders. This is provided as part of inpatient care;
- The services of guaranteed addiction therapies provided on a daily basis and alcohol and drug addiction therapies. Pursuant to the Act of 29 July 2005 on Counteracting Drug Addiction, it is possible to introduce substitutes to a person addicted to drugs.

Substitution treatment consists of the introduction of a similar or identical substance which has properties and effects similar to those of the substance that caused the addiction. The aim is to cause a more controlled addiction. [20] Another place where people who are addicted to alcohol in particular are in sobriety rooms. According to the Act on Upbringing in Sobriety and Counteracting Alcoholism, a person who comes to this place with his or her behaviour sows a nuisance in a public place or workplace, or is a threat to himself or herself or his environment. Admission to the sobriety room, facility or police unit is based on the result of a blood alcohol test. As a result of the lack of consent for the examination, a person is admitted if they have other symptoms indicating alcoholic intoxication.[36] According to the Act of 11 December 2015 on Testing for the Content of Alcohol in the Body, the police and security services have the right to test for the content of alcohol in the human body only with the consent of a person accused of drinking. This test includes an inhalation test or a blood test. The examination of the inhaled air shall be carried out in a non-invasive way using an electronic device by infrared spectrometry or electrochemical oxidation. It shall not be used until 15 minutes have elapsed after drinking the alcohol. The test consists of blowing air into the device with a mouthpiece, which is disposable and should be opened with the test person. The test for alcohol content by blood sampling is an invasive test and may be performed only by persons authorised to take blood samples and with the consent of the person who is suspected of having drunk alcohol. [21]

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